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Unleashing
on June 8.

Van the Man added to Folk Fest

MUSIC The Edmonton Folk Music Festival, for the second year in a row, will hold a special endowment fund concert on the Wednesday before the real party begins.

On Aug. 4, Van Morrison will rock the crowd at Gallagher Park.

Tickets go on sale today at the same time as the passes for the Aug. 5-8 festival.

Tickets for Van Morrison are \$69 for festival pass holders, \$40 for youth. Head down to the festival box office (10115 - 97A Avenue), or phone 780-429-1999 for tickets.

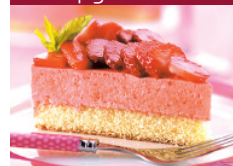
METRO EDMONTON

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SCAN LIFE
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Food pg 12



No need to bake a cake

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St. Albert Alley-oop!



The National Acrobats of Taiwan, one of the most influential acrobatic troupes in the world, are in St. Albert for the International Children's Festival, which kicks off today and runs until June 5. Story, page 2.

Carnage at sea

Clash between Israeli troops, pro-Gaza activists leaves nine dead

Israeli commandos rappelled down to an aid flotilla sailing to thwart a Gaza blockade yesterday, clashing with pro-Palestinian activists on the lead ship in a botched raid that left at least nine passengers dead.

Bloodied passengers sprawled on the deck and troops dived into the sea to save themselves during several hours of hand-to-hand fighting that injured dozens of activists and six soldiers. Hundreds of activists were towed from the international waters to Israeli detention centres and hospitals.

International condemna-

tion was swift and harsh as Israel scrambled to explain how what was meant to be a simple takeover of a civilian vessel went so badly awry.

Israeli Prime Minister Benjamin Netanyahu abruptly cancelled a planned meeting with U.S. President Barack Obama in Washington to rush home. The global reaction appeared likely to increase pressure to end the embargo that has plunged Gaza's 1.5 million residents deeper into poverty.

Most of the information about what happened on the single ship where vio-

lence broke out came from Israel, which cut off all communication to and from the activists and provided testimony and video evidence that its soldiers came under attack by activists armed with metal rods, knives, slingshots and two pistols snatched from the troops.

Passengers reached at an Israeli hospital and journalists aboard the ship accused the soldiers of using excessive force.

One passenger, who identified himself as American, spoke briefly with reporters.

"I'm not violent. What I

can tell you is that there are bruises all over my body. They won't let me show them to you," he said before he was pushed away by a security escort.

A soldier identified only as a sergeant told reporters at a military briefing that the activists on board "were armed with knives, scissors, pepper spray and guns." He said he was armed only with a paintball rifle. "It was a civilian paintball gun that any 12-year-old can play with," he said. "I saw my friends on the deck spitting blood."

THE ASSOCIATED PRESS
MORE COVERAGE, PAGE 4

Care cuts starting to hurt, says NDP leader

POLITICS Alberta NDP Leader Brian Mason says budget cuts to long-term care in Alberta are starting to hit home and are hurting the most vulnerable.

Mason says leaked documents from three nursing homes show they are eliminating vacant positions and planning layoffs to deal with a three per cent cut instituted by Premier Ed Stelmach's government last fall.

"We're going backwards, and people who are in long-term care facilities who need help toileting, getting meals (and) getting baths are going to suffer as a result of these reductions," Mason told a news conference at the legislature yesterday.

"What we're asking the government to do is to give a full public accounting across the system of how these cuts to long-term care funding are affecting patient care."

"And, of course, we want them to restore that funding as soon as possible."

Mason noted that the problem is only going to get worse given that the waiting list for long-term care has reached about 1,700 — a threefold increase in recent years.

"The premier promised 600 new beds during the (2008) election and we've actually seen a significant reduction," he said.

"Not only are there less beds, but the quality of care is declining because the government has been reducing funding to these facilities."

THE CANADIAN PRESS

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Local



Edmonton gets sustainability nod

The Federation of Canadian Municipalities has recognized the City of Edmonton as an environmental leader with the presentation of three awards. The city's drainage services branch won two awards for managing unique water management programs, and Mark Brostrom, director of office of environment, received an award for championing sustainability programs.

METRO EDMONTON

All about Africa on Africa Day

FESTIVAL Africa Day Festival will be holding its second annual celebration this summer. The event will take place on June 12 at two different venues for day and evening celebrations. An open community day with celebrations of African music, art, cuisine, and culture will be held at the Africa Centre at 13160 - 127 St.

Festivities will wrap up with a dinner gala event at the Edmonton Expo Centre at Northlands that will feature a cash bar, dancing, and Juno Award-winning African band African Guitar Summit. Tickets for the dinner gala are available at Tix on the Square for \$40.

African restaurants, caterers, artists, and craftspeople who would like to set up vendor tables during the daytime celebrations are asked to call 780-455-5423 to sign up.

ELISE BARTA/
FOR METRO EDMONTON

Following news stories on Twitter...

LocalTweets

@jon_manning Dear #YEG weather — I'm not one to complain, and I won't. However, smarten up.

@Rampagingbeaver I love how people in #yeg speed up to redlights, but slow down when approaching green lights

@elekin Apartment/room hunting, sooo much fun. Tons of listings for the north side of #yeg, nary a decent thing in the south side. :-

metronews.ca

WHAT'S ONLINE TODAY

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Blogs Sexcetera's tips for those of us re-joining the dating scene this spring and Backbeat braces himself for the demise of the traditional album by counting down the best



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Kids play in St. Albert

ANDREAS MORSE

andreas.morse@metronews.ca

Kids rule St. Albert as the community northwest of Edmonton gets set to hold their annual international festival.

For the 29th year, the International Children's Festival kicks off today and ends June 5 and festival director Nancy Abrahamson said she's expecting about 55,000 people to take in the five days of magic, dancing, acrobatics, arts and culture for all ages.

"I've been a part of this festival for the past 16 years and it never ceases to amaze me," Abrahamson said at the kickoff party yesterday. "This year is no different."

The festival features performers from Belgium, Taiwan, Scotland, Vietnam and Canada, and it's all for the kids.

"For many little ones, this festival is their first taste of the arts," Abrahamson said.

"We're focusing more

on what kids want to see but obviously we all enjoy what our kids enjoy. The festival is for everyone. It's for the young and for the young at heart."

In order to be successful, the children's festival relies on donations like the one received yesterday — \$50,000 from the Alberta Lottery Fund.

"The memories and experiences created here will last a lifetime," Abrahamson said.

"That's why it's so important for us to make sure this year's festival is accessible to every family."

Thanks to support from the Alberta government, Abrahamson said the festival is able to keep ticket prices low and offer free activities open to everyone.

The festival director said she couldn't wait to let the fun begin.

"There's lots happening and there's lots for everyone," she said.

The festival is selling out fast, so get your tickets by phoning the box office at 780-459-1542.



Sandra (Safire) Sommerville will hula away at the International Children's Festival in St. Albert. The festival kicks off today and runs until June 5.

Passport to yoga all over the city

ELISE BARTA
for Metro Edmonton

Yoga studios around Edmonton are poised to offer adherents a passport to peace of mind — and body.

Studios are offering their students a brand new multi-studio pass, which will be valid from today until March 31, 2011.

The pass is called Passport to Prana.

The word prana means "life force," and, for \$20, it allows students to get one free class at each of the participating studios around the city.

"It is a great way to try different styles of yoga, to try different studios, to

really find a place they are going to harmonize with the best," said Raj Gandhi, CEO of Passport to Prana.

"Every teacher is different, every studio is different, and there is so much information on the Internet about yoga, so it is always best to try it out for yourself."

"Every teacher is different, every studio is different, and there is so much information on the Internet about yoga, so it is always best to try it out for yourself."

Raj Gandhi, CEO, Passport to Prana

Throughout the year, Passport to Prana will be attempting to get even more Edmonton yoga studios involved, and those holding passes will then have access to a free class at any newly participating studio.

"The reason that I got involved with it is because I have several students that have 10 passes to various studios," said Rene

Johnson, owner of Shanti Yoga Studio in Edmonton.

"I have been telling people about it and the response has been really great."

"People are excited about it and think it is a great idea."

To find a list of participating yoga studios, go to passporttoprana.com and click on Canada.

Charge laid in death of foster child

MORINVILLE RCMP have charged an adult with second-degree murder in the death of a 21-month-old girl in foster care.

The girl died in early March and an autopsy suggested her death was a homicide.

The girl's birth mother has said her daughter shouldn't have been in the foster care home in Morinville, 30 kilometres north of Edmonton.

She said she got a call March 1 that her toddler was in critical condition and was being flown to Edmonton by air ambulance, where she died two days later.

The Ministry of Children and Youth Services is doing its own investigation.

The accused was to appear in Edmonton provincial court yesterday.

Police say no details are being released so as to protect the identity of the child.

THE CANADIAN PRESS

38 displaced in flooding

STANDOFF, ALTA. The number of people forced from their homes by flooding on a southern Alberta reserve has almost doubled. Dennis Chief Calf of the Blood First Nation says 38 people have been displaced — up from 20 on the weekend. Chief Calf, who is the disaster relief coordinator, says there's a fair bit of damage from flooded basements, leaking roofs and sewer backups due to heavy rain and snow on the weekend.

"Some of these places they're pretty old. The foundations are cracked ... so we have to wait until the rain stops, because if you siphon the water out, it just comes back in," he said.

THE CANADIAN PRESS



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LAS VEGAS via Vancouver

Paris Las Vegas • 4 ★

Luxury rm.
July 4 • 4 nts.

\$599

+Taxes & other fees
(including service charges): \$160

MEXICO

Puerto Vallarta/Riviera Nayarit
via Calgary

Meliá Puerto Vallarta • 4 ★

All-Inclusive
Deluxe garden view rm.
June 5-26 • 1 wk.


\$659

+Taxes & other fees
(including service charges): \$268

CUBA

Varadero via Calgary
Iberostar

Laguna Azul • 4 1/2 ★

All-Inclusive • Standard rm.
June 6-20 • 1 wk.

\$729

+Taxes & other fees
(including service charges): \$226

MEXICO

Cancun/Riviera Maya via Toronto

Occidental
Grand Xcaret • 4 1/2 ★

All-Inclusive
Deluxe rm.
Aug. 6 • 1 wk.

\$1019

+Taxes & other fees
(including service charges): \$311

Buenaventura

Grand Hotel & Spa • 4 ★

All-Inclusive
Deluxe rm.
July 3-31 • 1 wk.

\$899

+Taxes & other fees
(including service charges): \$268

Santa Clara via Calgary

Barceló Cayo Santa Maria • 4 ★

All-Inclusive
Junior suite
July 3-Aug. 21 • 1 wk.

\$999

+Taxes & other fees
(including service charges): \$226

Grand Sirenis Riviera Maya

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Almost two years after he stabbed, beheaded and carved up a fellow passenger on a Greyhound bus, Vince Li may get the right to short, supervised walks around the grounds of the hospital where he is being held. The Crown and victim Tim McLean's family are opposed to the move. **THE CANADIAN PRESS**

Beheader could be granted time outside

Canada/World

Feds cautious on Israeli raid

The Canadian government refused to join an international chorus of condemnation of a botched Israeli raid on a humanitarian aid flotilla outside territorial waters that left at least nine dead and many more injured.

Amidst a diplomatic crisis that erupted around the world, Canada and the U.S. — two of Israel's staunchest Western allies — appeared to coordinate a message that expressed regret over the lost lives, but did not denounce the military pre-dawn action that took place in international waters.

Israel's prime minister

Benjamin Netanyahu says soldiers who boarded a ship bringing supplies to the blockaded Gaza strip were only defending themselves.

Earlier in the day, Netanyahu met with Prime Minister Stephen Harper, but had to cut the trip short.

"Canada deeply regrets this action, the loss of life and the injuries that have occurred," Harper said. "Obviously we'll be looking in the days that follow to get all the information we can." **THE CANADIAN PRESS**



Benjamin Netanyahu

News in brief

MULRONEY A damning report by a public inquiry into the dodgy dealings between Brian Mulroney and Karlheinz Schreiber concludes their financial relationship was "inappropriate." The inquiry, led by Justice Jeffrey Olliphant, also says the former prime minister's failure to disclose his dealings with the shady German-Canadian businessman was inappropriate. And, Olliphant says, it's clear Mulroney did his best to hide the fact that a relationship existed at all.

THE CANADIAN PRESS



Canada to G20 finance ministers: "Drop the bank tax talk already!"

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Scientists warn of undersea dangers

OIL SPILL Independent scientists and government officials say there's a disaster we can't see in the Gulf of Mexico's mysterious depths, the ruin of a world inhabited by enormous sperm whales and tiny, invisible plankton.

Researchers have said they have found at least two massive underwater plumes of what appears to be oil, each hundreds of feet deep and stretching for miles.

Yet the chief executive of BP PLC — which has for weeks downplayed everything from the amount of oil spewing into the Gulf to the environmental impact — said there is "no evidence" that huge amounts of oil are suspended undersea. BP CEO Tony Hayward

The spill

• At least 76 million litres of oil have spilled since the Deepwater Horizon drilling rig exploded and sank in April.

said the oil naturally gravitates to the surface — and any oil below was just making its way up.

However, researchers say the disaster in waters where light doesn't shine through could ripple across the food chain.

"Every fish and invertebrate contacting the oil is probably dying. I have no doubt about that," said Prosanta Chakrabarty, a Louisiana State University fish biologist.

THE ASSOCIATED PRESS

145 dead after tropical storm

STORM Flooding and landslides from the season's first tropical storm have killed at least 145 people and left thousands homeless in Central America, officials said yesterday.

Dozens of people are still missing and emergency crews are struggling to reach isolated communities cut off by washed-out roads and collapsed bridges caused by Tropical Storm Agatha.

The sun emerged yesterday in hardest-hit Guatemala, where officials reported 120 dead and at least 53 missing. In the department of Chimaltenango — a province west of Guatemala City — landslides buried dozens of rural Indian communities and killed at least 60 people, Gov. Erick de Leon said.

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Woman blames Google Maps for car accident

A Utah woman is suing Google for over \$100,000, claiming its maps function gave her walking directions that led her onto a major highway, where she was struck by a car. **TORSTAR NEWS SERVICE**

5

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

The iPad killer?

Taiwan's AsusTek Computer Inc. unveiled yesterday a portable tablet computer that runs on Microsoft's Windows 7 operating system, joining a slew of manufacturers trying to tap demand for the sleek devices following Apple's launch of the iPad.

AsusTek is among several Taiwanese computer makers to display tablet PCs at the five-day Computex Show in Taipei that opens today.

AsusTek's touchscreen tablet, with the name of Eee Pad, comes in 10- and 12-inch sizes and is set to go on sale in the first quarter of 2011.

In addition to full Windows support, company chairman Jonney Shih said Eee Pad is equipped with a



Makers hope the AsusTek Eee Tablet computer will provide a challenge to Apple's iPad.

web camera and runs Flash by Adobe Systems which will allow users to view YouTube and other video programs on the Internet.

The 10-inch Eee Pad will sell for \$399 to \$449 US.

By contrast, Apple's

iPads cost \$499, \$599 or \$699 depending on the data storage capacity. But iPads use the HTML5 standard and its lack of Flash support has alienated some users.

THE ASSOCIATED PRESS

Business in brief

ECONOMY The Canadian economy was roaring in the first quarter, jumping ahead of even the rosy estimates of economists to post an oversized 6.1 per cent annualized advance during the first three months of 2010.

STRIKE VOTE Jazz Air flight at-

tendants have voted in favour of a strike to back negotiations for a new contract to improve their salaries and working conditions. They could strike, or be locked out, as early as June 16. **THE CANADIAN PRESS**



Can the EU survive as the debt crisis drives its member nations apart?

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Your Money

Dating on a dime this summer

Alison On Money

Alison Griffiths

metronews.ca/alisononmoney

Summer is the best time to ramp up your social life. Why? Because the now accessible great outdoors allows you to date on a dime without feeling guilty about being a tightwad. A ro-

mantic candlelight dinner with cocktails and wine in the city can easily set you back \$200. But the romance factor increases logarithmically when you set the table yourself under the stars. Cold roasted chicken, veggies and dip, a french bread stick and a bottle of wine tastes like it cost a million bucks with the constellations overhead.

Here are a few date-on-a-dime picnic tips:

- Scout your location

first. Not everyone's knees and rump are made for an evening on the ground. Many parks have picnic tables, but al-

so look for cover in case of rain. • If you are pressed for time, buy a grocery store roasted chicken and cut it up, the cost isn't much different than cooking a bird from scratch.

• Buy plastic plates and glasses rather than disposable and you can re-use them for years.

• Candles with lids will last through many dinners. Another option is a collapsible or telescoping camping lantern.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at griffiths.alison@gmail.com.



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Comment

Mulroney hit hard, but not KO'd

NationalReport

Lawrence
Martin

metronews.ca/nationalreport

Everyone already knew the former prime minister had acted inappropriately in accepting cash payments from wheeler-dealer Karlheinz Schreiber. Mulroney has already admitted this and conceded it was a serious error of judgment.

But what we wanted to know and what we didn't find out is why the secret payments were made. Until that mystery is solved — and it likely never will be — this case is unsolved. The extent of Mulroney's transgression, his degree of culpability, cannot be answered.

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Mulroney had testified that he took the cash to lobby international leaders for the sale of light-armoured vehicles on behalf of Schreiber's clients. But the Oliphant report drove holes through that theory as it did some of the other Mulroney testimony on the case.

One of the most devastating parts of the report concerned Mulroney's statements regarding his relationship with Schreiber in 1996 legal proceedings on a related controversy. Justice Jeffrey Oliphant cast doubt on the integrity of the testimony,

and added that Mulroney's later attempts to justify what he said were "patently absurd."

Justice Oliphant's findings on that testimony could be interpreted as an allegation of perjury. The report also found that Mulroney had violated his own government's code of ethics in his business dealings with Schreiber.

What now? Yesterday's report will likely be the end of it. No major new revelations on the story are likely to be found. Journalists have been tracking it for two decades. The RCMP inves-

tigated the related Airbus matter for several years. And this commission took its turn and the questions remain.

One of the strange things was that Mulroney himself encouraged Stephen Harper to call this probe. That's something a guilty man would not readily have done. He likely felt that, as was the case with the Airbus inquiry, he would be vindicated.

Yesterday's report was by no means vindication. But after a few days of bad headlines, Mulroney will be able to finally move on. He may in fact be guilty of

worse transgressions than have been revealed. But to a certain extent, justice has been done.

It's about reputation. Mulroney cares about reputation as much as anyone else, even more so. For years, his reputation has suffered on account of his Schreiber dealings, serving to diminish his accomplishments as prime minister. This shadow on his legacy is warranted. But the shadow is not the substance.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Worth mentioning

UN, groups pressure nations on climate cash

A new round of climate negotiations kicked off in Germany yesterday with squabbling over money and procedural questions that could threaten progress at the two-week UN conference.

UN climate chief Yvo de Boer and activists from groups including Oxfam, Greenpeace, and WWF pressured industrial nations to live up to their promises of financial aid to poor countries as about 4,500 participants from 182 countries gathered in Bonn.

Concrete financial contributions must "show that

developed countries are ready to deliver what they promised five months ago in Copenhagen," de Boer told reporters, referring to the disappointing climate summit in the Danish capital in December.

Industrial nations at Copenhagen pledged \$30 billion in aid from 2010-12 to help poorer nations start environmentally friendly development programs and adapt to the worst consequences of climate change.

However, de Boer and non-governmental organizations say developing na-

tions remain skeptical if the money will come through and if it is additional or simply relabelled funds already pledged for other purposes.

"The finance part has not been solved," Greenpeace expert Wendel Trio told The Associated Press.

Oxfam said it is becoming clear that rich nations want to hand out much of the money as loans instead of grants, thereby saddling developing nations with new debts for a problem largely caused by industrial countries.

"It's like crashing your

neighbour's car and then offering a loan to cover the damages," Oxfam's Antonio Hill said in a statement.

The European Union tried to dispel such doubts, stressing that the \$3 billion US per year it promised in Copenhagen have been confirmed by finance ministers, and about 70 per cent will be handed out as grants.

"This is fresh money in any case — we are not recycling money," Spanish climate change official Alicia Montalvo said on behalf of the EU presidency.

THE ASSOCIATED PRESS

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Strasburg to make Big League debut next week

Stephen Strasburg is finally ready. The Washington Nationals said after yesterday's 14-4 win over Houston that their prized pitching prospect will make his major league debut against Pittsburgh on June 8 at Nationals Park. **THE ASSOCIATED PRESS**

Sports



Adidas defends World Cup ball

Adidas has hit back at criticism that the World Cup ball is difficult to control and a nightmare for goalkeepers by saying it was widely tested and approved long ago. Company spokesman Thomas van Schaik said yesterday he was surprised to hear the criticisms, made by top goalkeepers such as Spain's Iker Casillas and Brazil's Julio Cesar, because the balls had been used for months without any complaints. **THE ASSOCIATED PRESS**

EDITOR: DON.MCHOULL@METRONEWS.CA

Sports in brief

TENNIS Sam Stosur sidelined Justine Henin 2-6, 6-1, 6-4 in the fourth round yesterday, ending the four-time French Open champion's streak of 24 consecutive victories at Roland Garros. Stosur's opponent in the quarter-finals will be top-ranked Serena Williams.

Another four-time champion, Rafael Nadal, advanced by beating No. 24-seeded Thomaz Bellucci. **THE ASSOCIATED PRESS**

SCOREBOARD

BASEBALL

YESTERDAY'S AL RESULTS

Toronto 3 Tampa Bay 2
L.A. Angels 7 Kansas City 1
N.Y. Yankees 11 Cleveland 2
Oakland 4 Detroit 1
Minnesota at Seattle

YESTERDAY'S NL RESULTS

Atlanta 9 Philadelphia 3
Colorado 4 San Francisco 0
Florida 13 Milwaukee 5
Pittsburgh 2 Chicago Cubs 1
St. Louis 12 Cincinnati 4
Washington 14 Houston 4
Arizona at L.A. Dodgers
N.Y. Mets at San Diego

NHL PLAYOFFS

YESTERDAY'S RESULTS
Chicago 2 Philadelphia 1 (Chicago leads series 2-0)

Blackhawks build series lead

(Chicago leads series 2-0)

Flyers 1 Blackhawks 2



Marian Hossa and Ben Eager scored 28 seconds apart late in the second period, Antti Niemi had 32 saves and the Chicago Blackhawks beat the Philadelphia Flyers 2-1 last night for a 2-0 lead in the Stanley Cup finals.

After a wild scoring display when Chicago won the opener 6-5, Game 2 featured tightened-up defenses with goalies Niemi and Michael Leighton of the Flyers stepping up.

"Antti been great all year and all playoffs and he really held us in there at the

end," said Eager. "They had some opportunities but Antti was there to shut them down."

Then the Blackhawks struck quickly, not once but twice, to send the United Center into a frenzy.

"I have that in my game," Eager said of his snapshot from the right side that beat Leighton off the rush. "I've been shooting the puck well in practice. I got a piece of that and a bounce and I'll take it."

Chicago has won seven straight playoff games and 10 of 11 to move within two victories of its first Stanley Cup since 1961.

The Flyers got right back in the game when Simon Gagne scored as a power play was about to elapse at 5:20 of the final period.



Chicago Blackhawks Marian Hossa fights for the puck against Philadelphia Flyer Matt Carle in Game 2 of the NHL Stanley Cup final last night at the United Center in Chicago.

But Niemi fought off a late flurry — 14 of his saves came in the final period

when Philadelphia had a 15-4 shots advantage. Games 3 and 4 will be

played in Philadelphia on Wednesday and Friday.

THE ASSOCIATED PRESS



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Health & Beauty

Tabata brings the intensity

CELIA MILNE
for Metro Canada



No pain, no gain. That's the basic premise of a new exercise method lunging its way into the mainstream. Tabata is a type of high-intensity interval training that only takes four minutes. It's tough, but after it's over, your body continues to burn calories.

"I'm excited about it. It helps melt the butter," says Jane Clapp, head trainer and founder of Urbanfitt, who brought Tabata to her fitness studio in January.

Tabata and other interval

training methods are rendering steady state cardio workouts — such as going for a long, slow run — passé.

"You see people on the elliptical machine for 30 minutes reading a magazine. That drives me crazy," says Clapp. "If you can read a magazine while working out, you are not working hard enough. That will not help you see results and you won't be present in your body. You also won't get the post-workout calorie burn."

The Tabata Protocol is named after Dr. Izumi Tabata, a former researcher at

Japan's National Institute of Fitness and Sports. It was first used to train Japanese Olympic speed skaters. The idea is to do an exercise all-out for 20 seconds, then rest for 10 seconds, and repeat this process over and over again for four minutes.

The exercises can be almost anything that uses the whole body — think of old-school calisthenics — burpees, mountain climbers, jumping jacks, hop lunges, push-ups, squats, even skipping.

"You are forcing the body to adapt again and again, versus using the treadmill for 30 minutes where there

is only one adaptation phase," explains Clapp. You're also recruiting large muscle fibres that otherwise sit idle, and making them work hard. The results? You burn a lot of fat and sugar, and feel pumped afterwards. "It helps people get their mojo back," says Clapp. "You get blissed-out after — there's a huge endorphin rush."

A study in the Journal of Physiology found that one and a half hours of high-intensity interval training per week was just as beneficial as four and a half hours a week of traditional, steady-state exercise.



The first two moves for the Tabata squat.

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Company promises better smelling farts

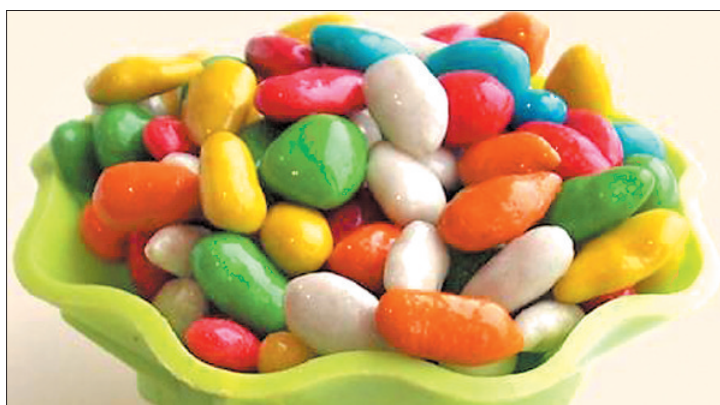
A Ukrainian perfume company claims to have invented a jelly bean capable of producing perfumed farts.

The candies are being produced in a number of varieties, from generic "fresh office" to specific smells which mimic famous perfumes.

After being eaten, they produce what the company call "exit aromas" — which are said to be as effective as air fresheners.

A spokesman for the company, Dmitry Chistilin, told Metro about the product line. "We are creating a fart with a smell of Calvin Klein," he said.

"I ate (one) with an exit aroma 'fresh office.' It's the same principle as air freshener. There are no digestive disorders after it and the candy works for about two



A Ukrainian company claims to have created jelly beans that to produce perfumed farts.

hours."

The company is now attempting to patent the technology, he added.

One pack of the candy

will cost around \$3.25 US. The different aromas offered so far include Sensation, Clara, and Calvin Klein. There are plans to

produce more than 35 smells in all. It's not known when the candy will be available in Canada.

METRO WORLD NEWS

3 simple lifts you can do in your own home

CELIA MILNE
for Metro Canada



your bum off the chair until you're almost standing. Slowly sit back down.

If all this talk of lifting weights has you intimidated, you can start doing some simple lifts at home. According to Harvard University's HealthBEAT, lifting weights improves muscle strength, bone density, and balance. It can also help you control your weight and aid your body in sopping up sugar in the blood to fend off diabetes.

Here are three exercises you can do at home using a chair that has armrests.

1 SEATED BRIDGE: Sit slightly forward in the chair with your hands on the armrests. Slowly raise

2 TRICEPS DIP: Put your chair against a wall. Sit in the chair and put your feet together flat on the floor. Put your hands on the armrests of the chair. Lift yourself up a few inches by straightening out your arms. Slowly let yourself back down.

3 STANDING CALF RAISE: Stand behind the chair and hold onto the back of it. Raise yourself up on tip-toe, then lower yourself back down.

For each of these exercises, do eight to 12 repetitions. Rest and repeat the set.

Study links miscarriages to antidepressant use

A new study suggests taking antidepressants during pregnancy may increase the risk of miscarriage. The study of more than 5,100 pregnant women in Quebec found taking antidepressants in the first trimester increased the overall risk of miscarriage by 68 per cent. **THE CANADIAN PRESS**

health & beauty **9**

How to be the best single person you can

The J Spot

Josey Vogels

metronews.ca/thejspot

There are a gazillion books aimed at helping couples get their relationship in shape. And, it seems there's a gazillion more to help single people meet someone to have a relationship with (so they can then eventually buy the first gazillion books when said relationship eventually goes to pot).

But it seems to me there are very few books focused on how to be the best single person you can be. Which is too bad, because we all know that the only way to find a relationship is to be the best you can be when you're in your best shape as a single person.

And when I say "in shape," I'm not talking endless squats and a high-fibre diet (though getting in physical shape and feeling healthy does help you feel good about yourself). I mean getting in shape emotionally and mentally.

This can be tough in a society that acknowledges every stage of coupledom — anniversaries, moving in together, marriages, kids — but rarely celebrates the joys or marks the mile-



Enjoying a nice candlelit dinner at home is a great way to get your single life in better shape.

stones of single life.

A study that came out a few years back said that, today, most typical urban-dwellers cohabited an average of nearly four years and were married about 18. The rest of the time — an average of about 19 years — they were dating or alone, with no steady companion.

Given we spend as much

of our lives being single as we do partnered, surely being single deserves a little more respect. So, while it's hardly a match for all the advice out there on how to get your relationship in shape, here's my advice for getting your single life in shape:

- Enjoy a Saturday night at home alone with a movie

and a glass of wine without feeling like a loser.

- Host Christmas in your own place with your own friends.

- Relish the fact that you get the whole bed to yourself.

- Enjoy a solo candlelit dinner at home.

- Treat yourself to dinner at a fancy restaurant.

- Travel on your own. You always meet more people this way.

- Enjoy the fact that you can make plans without having to consult anyone but yourself.

- Remind yourself that you get to be the "cool" aunt to your nieces and nephews without having to foot their college tuition.

- Stay out all night without having to check in.

- Realize that you're just as imperfect at being single as most people are at being in relationships.

- Remind yourself that most married people have just as many moments where they feel like they wished they were single again as you wish you were in a relationship.

- Know that you're happier on your own than in a mediocre relationship.

If you do want to date and are feeling out of shape, check out some Spring Training Dating Tips in Josey's Sexcetera Blog at metronews.ca.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Health in brief

EXIT AROMAS How much money would it take to get you to lose some serious weight? \$100? \$500? Many employers are betting they can find your price. At least a third of U.S. companies offer financial incentives, or are planning to introduce them, to get their employ-

ees to lose weight or get healthier in other ways. Take OhioHealth, who last year embarked on a program that paid employees to wear pedometers and get paid for walking. The more they walk, the more they win — up to \$500 a year.

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Intense exercise has more benefits: Study

PROGRAMS Here's some evidence that higher intensity is better in exercise. In a recent study, exercise physiologist Gordon Bell from the University of Alberta recruited 128 physically inactive but healthy men and women between the ages of 27 and 65. He divided them into two groups: One group walked and the other did a traditional aerobic fitness program.

After six months, those in the fitness program enjoyed greater health benefits than those who merely walked.

The fitness program had greater benefits in terms of blood pressure and peak oxygen intake — a way of testing breathing to see if the body has adapted well to the stress of exercising.

CELIA MILNE/FOR METRO CANADA



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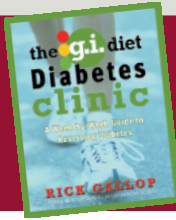
- My eyelids make me look older than I feel.
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Food



A guide for Type 2 diabetes

With the number of cases of Type 2 diabetes increasing at an alarming rate in Canada and North America, it's crucial to control weight and blood sugar levels to deal with the disease, says Rick Gallop, author of a new cookbook on the subject. His newest book, *The G.I. Diabetes Clinic* (Random House of Canada, \$24.95 paper), addresses the dietary requirements of those battling Type 2 and pre-diabetes. It is based on a 13-week online e-clinic he conducted with volunteers. **THE CANADIAN PRESS**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Great for the grill

Barbecue is about more than just burgers and hot dogs

Hot sun, cool drinks and something cooking on the grill: It doesn't get much better than that.

But grills are about a lot more than just burgers and steaks. To truly take advantage of warm weather, make sure you also give your starters the barbecue treatment.

Start with succulent grilled eggplant. This recipe calls for the eggplant to be sliced, grilled and rolled up around a generous amount of feta cheese and tomato. Note that eggplant soaks up oil like a sponge, so if you're watching your calories, go easy on the oil when you're brushing it on.

Beef isn't the only kind of burger around. Channel the classic flavours of a cobb salad with this cobb style chicken with avocado spread topped with crispy bacon and flavourful roquefort cheese. If you aren't sure if your avocados are ripe, try prying the stem gently. If it pops off easily and you can see green beneath, it's ripe!

—MEGAN MCCHESENEY

Grilled Eggplant

SERVES 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

RECIPE DEVELOPER: KIRSTEN ERNST, VANCOUVER, B.C.



Cobb Style Chicken with Avocado Spread boasts the classic flavours of a cobb salad.

INGREDIENTS:

- 1 large eggplant
- 1 cup feta cheese
- Juice of 1/2 - 1 lemon (to taste)
- 1 tomato, seeded, and diced
- 1/2 or 1 small red chili, seeded, and finely sliced (to taste)
- 1/2 cup mint, chopped (reserve small amount to sprinkle on top for garnish)
- Olive oil
- Salt and ground black pepper to taste

METHOD:

1. Preheat barbecue. Slice eggplant, lengthwise,

about 1/4-inch thick. Rub olive oil on each piece, both sides. Grill slices on barbecue, marking with crisscrosses, until just tender. Place slices on baking sheet lined with parchment paper. Sprinkle lightly with salt and pepper. Let cool. In bowl, combine crumbled feta cheese with lemon juice to taste, tomatoes, mint, salt and pepper to taste.

2. On each slice of eggplant, put approx. 1/4 cup of feta mixture, and roll up. Put all rolled slices in a row on platter. 3. Sprinkle top with reserved chopped mint.

Cobb Style Chicken with Avocado Spread

SERVES 4

PREP TIME: 15 MINUTES

COOKING TIME: 10 MINUTES

RECIPE DEVELOPER: PAULA BOWMAN

INGREDIENTS:

- 8 slices bacon
- 1 1/2 lb ground chicken
- 1/4 cup finely diced onion
- 1/4 cup coarsely chopped watercress leaves, plus extra sprigs for garnish
- 2 Tbsp crumbled roquefort cheese, plus more for garnish, if desired
- 1 Tbsp dijon mustard
- 1 tsp kosher salt, plus



Try Grilled Eggplant on the barbecue for an appetizer.

- more for avocado mixture
- 1 tsp worcestershire sauce
- 1 avocado, peeled and pit removed
- 1 Tbsp lemon juice
- 1/4 tsp minced garlic
- 2 Tbsp olive oil, plus more for grilling
- 4 hamburger buns
- 1 tomato, cut into 4 slices

METHOD:

1. Preheat a grill to high.

2. In a non-stick skillet, set over high heat, cook bacon until crispy. Drain on paper towels and set aside.

3. Meanwhile, in a large bowl, combine chicken, onion, watercress leaves, cheese, mustard, salt and Worcestershire and mix gently. With lightly oiled or wet hands, form mixture into 4 (6oz) burgers, about 3/4-inch thick, and set aside.

4. In the small bowl of a food processor, combine avocado, lemon juice and

garlic and process until smooth. With the motor running, add oil and process until combined; season to taste with salt and pepper and set aside.

5. Lightly brush both sides of burgers with olive oil and place burgers on hot grill. Cook, flipping once until cooked through, about 4 to 5 minutes per side. Place buns on grill and lightly toast on both sides, about 1 minute and set aside.

6. To assemble burgers, divide avocado mixture among bottom half of each bun and spread evenly. Top with chicken burgers followed by bacon, tomato, watercress sprigs, Roquefort if desired, and cover with remaining buns.



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The colour of the room you're in can dictate your mood and appetite. Warm colours increase appetite so avoid painting your kitchen red, orange or yellow. On the other hand, cool colours, such as blues and violets, can decrease ones appetite. METRO NEWS SERVICES

Fancy no-bake cake

If you're hosting a bridal shower, a graduation or engagement party this spring and summer, you'll want the food to be served to be super special.

And although many hosts will rely on a caterer to provide the goodies, here is a magnificent dessert to make and serve.

orange-flavoured liqueur, rum, tequila or orange juice

- 250 ml (1 cup) whipping cream
- 45 ml (3 tbsp) granulated sugar
- 5 ml (1 tsp) vanilla

Topping

- 500 ml (2 cups) sliced strawberries

METHOD:

In a very small saucepan, sprinkle gelatin over 50 ml (1/4 cup) cold water; let stand for 2 minutes. Heat over low heat, stirring constantly, until dissolved, about 1 minute. Let cool.

Meanwhile, puree undiluted margarita mixer with strawberries until smooth. Pour into a large bowl. Stir in gelatin mixture. Refrigerate, stirring occasionally, until starting to thicken. Start checking at 30 minutes; it should not be so thick that you can't fold in whipped cream.

Trim rim from shells to make flat cakes, reserving rims. Place shells in 20- to



Strawberry Margarita Cake.

23-cm (8- to 9-inch) spring-form pan, filling holes with rim bits. Press to make even layer. Brush with orange liqueur.

In a bowl, whip cream with sugar and vanilla until peaks form when beaters are lifted. Stir one-third into thickened strawberry mixture. Fold in remaining whipped cream. Pour onto cake; tap pan on counter

to remove any air bubbles. Refrigerate for at least 4 hours but preferably overnight.

Serve cake topped with berries. (Recipe source: Foodland Ontario).

Nutritional information per piece: 210 calories, 2 g protein, 10 g fat, 27 g carbohydrates, 1.5 g fibre.

THE CANADIAN PRESS

Strawberry Margarita Cake

The cake looks impressive and there is no baking involved. If you can locate the harder-to-find large-size dessert shell, use it.

MAKES 10 SERVINGS

INGREDIENTS:

- 15 ml (1 Tbsp) unflavoured gelatin (7 g envelope)
- 1 can (250 ml) frozen concentrated margarita mixer, thawed and undiluted
- 500 ml (2 cups) sliced locally grown strawberries
- 1 pkg of 6 cake dessert shells (142 g/5 oz)
- 30 to 45 ml (2 to 3 tbsp)

Vino to go with your grill

Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

Though the cave-men developed lots of useful things (the wheel, fire, the pointed stick), it's possible their most important offering to modern man was the invention of the first barbecue. Okay, so while what I call barbecue was more like survival to them, their original appreciation of a nicely grilled slab of beef still resonates all the way up to my back deck.

When picking a wine match, keep things balanced, fruit forward and not too expensive. There's no reason to spend a bundle on a bottle of vino — especially if you're into wild and expressive sauce and marinades. (Both of which can wreak havoc on a liquid partner).

In South America, where they grill breakfast, lunch and dinner, Argentina is the barbecue champ. True as that may be, I think there's a convincing case for Chilean reds.

The **Carmen 2007 Cabernet Sauvignon** (\$10.95 - \$13.99) takes the classic grill grape and massages it into a rich, black berry-infused charmer; while the **Concha y Toro 2007 Casillero del Diablo Shiraz** (\$11.95 - \$13.99) puts a slight Aussie spin on shiraz by injecting a touch of spice into its ripe and rounded flavour.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

ADVERTISING FEATURE

Real Ice Cream, Real Taste



"Life would be easier if we made cans of peas!" laughs Penny Chapman. Penny is President and co-owner of Chapman's Ice Cream, with her husband, David. Every day she samples ice cream produced at their Markdale, Ontario manufacturing plant. And every day she reads emails and takes phone calls from customers across Canada, ensuring the ice cream tastes as good to them as it does to her.

Customer feedback means everything to Chapman's. When the company was founded, nearly 40 years ago, people didn't expect to see local brands of ice cream for sale. Penny and David made their mark by showing consumers what buying local could really mean. "We brought out 22 flavours when most companies had four," Penny remembers. "We made ice cream that a family could afford. We listened to consumers, and so we grew and grew."

Chapman's tapped into a burgeoning movement—a new desire among Canadians for dairy products made from

100% Canadian milk, renowned for its high quality, purity and great taste. "Consumers want honesty," Penny says. "They want to know what they're buying, and if given the opportunity to do so, they'll usually buy Canadian. But not everyone knows what to look for. A company importing ingredients from other countries won't

advertise it. A company making products from vegetable oil instead of butter fat won't want consumers to notice. Chapman's uses entirely Canadian dairy products to make our ice cream, and that's why our packaging has the 100% Canadian Milk symbol clearly displayed."



For Penny and David Chapman, that symbol means their customers get what they pay for. And they're paying for more than a food product. "Ice cream makes memories," says Penny. "You buy it for birthday parties, anniversaries—even in tough times, it's a treat you can afford. We're proud to bring such fun into peoples' lives. You can't do that with a can of peas."

For recipes and more info on 100% Canadian milk, go to metronews.ca/canadianmilk



Behind this symbol is a source of pride.

We can be proud of products bearing the 100% Canadian Milk symbol. It means they are made from locally produced milk renowned for its purity, high quality and great taste.

Look for this symbol on your dairy products.

asourceofpride.ca



Taylor opposes Campbell testimony

Defence lawyers for former Liberian President Charles Taylor are opposing a request by prosecutors at his war crimes trial to call Naomi Campbell as a witness, branding the move "a publicity stunt." Prosecutors claim Taylor gave the supermodel blood diamonds in 1997. **THE ASSOCIATED PRESS**

13

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

DVD picks



Alice In Wonderland

Director: Tim Burton

THE CURIOSER AND curi-
ouser thing about Tim
Burton's *Alice in Wonder-
land* is how he actually
manages to find new
wonderment in this oft-
told tale.

Burton assigns order
and drama to Lewis Car-
roll's 1865 dream fantasy,
which suffers from lack
of momentum in its tradi-
tional telling.

The narrative now has
a real arc, complete with
prologue and epilogue,
that gives meaning to Al-
ice's adventures and also
gives her a greater hand
in her own destiny.

Newcomer Mia
Wasikowska, who resem-
bles a young Mia Farrow
or Gwyneth Paltrow, nim-
bly enlivens the role of Al-
ice, balancing innocence
with bravery and intelli-
gence. The Mad Hatter
plays a much larger role
in Burton's production,
which is to be expected
since he's assigned to
Johnny Depp, Burton's
grandest muse. Depp's
Hatter is more of a cata-
lyst to action, and a com-
menter upon it, than he
is a major definer of it —
which is not to say that
Depp doesn't bring some
genuine kooky charm to
the role.

Some may quibble at
the liberties taken, in-
cluding a terrifying sub-
plot about a dragon that
needs slaying, expanded
from Carroll's whimsy
poem *Jabberwocky*. But a
straight retelling of the
original would be to
much of a muchness.

This new *Alice in Won-
derland*, is, in a word,
fabulous. That's a Carrol-
lian term Wikipedia de-
fines as "possibly a blend
of fair, fabulous and joy-
ous." I couldn't have mut-
tered a better utterance.

Peter Howell/for Metro Canada

Say goodbye to the old Much

TheAudioFiles

Bryan
Borzykowski

metronews.ca/music

Like millions of
Canadians who
grew up in the '80s
and '90s, I learned a
lot about this coun-
try's diverse music scene
by watching MuchMusic.

I still remember the first
time I saw Our Lady Peace's
Naveed, and the moment I
discovered Sloan through
the hilarious wedding-
themed video for Every-
thing You've Done Wrong.
It was an important chan-
nel growing up and, again,
like a lot of Canucks, I've
been saddened by its move

away from music videos to
vapid reality TV programs,
like *A Shot At Love* with
Tila Tequila.

But despite MuchMusic's
love of American program-
ming, the network — cur-
rently owned by CTVglobe-
media — continues to help
fund Canadian-made music
videos via MuchFACT (pre-
viously VideoFACT). That
could soon change. CTV
has asked the CRTC to re-
duce its financial commit-
ment to MuchFACT from
seven per cent of its reve-
nue to 3.5 per cent.

Some people will see this
as yet another sign that
MuchMusic does not want
to play videos. Let them
strip the station of every
single music video if that's
what they want. Because it
has dutifully promoted
Canadian culture for three
decades, it's easy to forget

MuchMusic is not the CBC.
Its purpose is to make
money and the reality is
that if MuchMusic devoted
as much time to playing
music videos today as it did
15 years ago, it could be in
trouble.

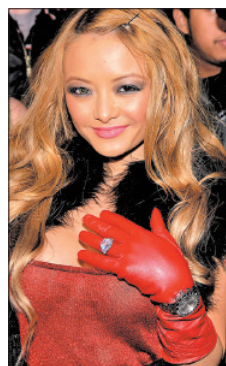
Nowadays, more and
more people are discover-
ing music videos online.
While I have fond memo-
ries of the station, its origi-
nal purpose is being ren-
dered irrelevant. (If you re-
ally like watching videos
on TV, tune into AUX TV.)

What concerns me most
about CTV's CRTC applica-
tion is that artists will po-
tentially have fewer oppor-
tunities to get videos fund-
ed. Beverly McKee, Much-
FACT's executive director,
admits that if the cut hap-
pens, and her organization
doesn't make any adjust-
ments, there will be less



Hobbit on hold

Director Guillermo del Toro says pro-
duction delays have forced him to
quit the planned film version of J.R.R.
Tolkien's *The Hobbit*. He was slated to
direct a two-part prequel to *The Lord
of the Rings*. **THE ASSOCIATED PRESS**



Tila Tequila

money to go around. How-
ever, because MuchFACT's
funding is based on a per-
centage of the station's reve-
nues, if the station makes
more money because of the
programming change,
MuchFACT could benefit.

There are still other
places musicians can get
money. FACTOR, for in-
stance, is a government-
funded organization that
helps artists pay for demos,
albums and touring, and of-
fers artists up to \$20,000 to
make music videos. Other
local and regional bodies
provide marketing or
video-specific funding.

Whatever happens, mu-
sic videos will be around
forever; bands will find
ways to make them. Rely-
ing on a television station
to help Canadian artists —
and fans learn about new
music — is becoming a
thing of the past.

And that's fine with me. I
said goodbye to MuchMusic
a long time ago.

Bryan Borzykowski is a business and
entertainment writer. Follow Metro Music
on Twitter @TheMetroMusic

ED	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
6/1/10	2	CFRN	239 318	etalk	Access H.	Law & Order: SVU	Flashpoint (DVS)	Criminal Minds (HDTV)	CTV News			
	3	KHQ	- 370	News (N)	Millionaire	Jeopardy! (N)	Wheel Fortune	America's Got Talent Auditions begin in Los Angeles. (N)	Losing It-Jillian			
	4	CBXT	- 307	22 Minutes	Laughs	TBA	TBA	NCIS: Los Angeles	The Hour			
	6	KREM	- 372	News	Access H.	The Doctors	NCIS: Los Angeles	NCIS: Los Angeles	The Good Wife			
	7	CKEM	241 347	Enthusiasm	Curb-Enthsm	Hell's Kitchen (N)	America's Got Talent Auditions begin in Los Angeles. (N)	NCIS: Los Angeles	EP Daily			
	8	CTV	240 339	ET Canada	Entertainment	The Good Wife "Pilot"	NCIS: Los Angeles	Glee "Funk" (HDTV) (N)	News Hour			
	11	OMNI	- -	King	The Simpsons	Omni News: S. Asian Edition	Omni News: Cantonese Edition	TwoHalf Men	Metropolis			
	13	KXLY	- 371	4 News at 6	4 News at 6:30	The Insider (N)	Wipeout (HDTV) Couples tackle the obstacle course. (N)	20/20 (N)	News			
	16	KAYU	- 373	The Office	Raymond	TwoHalf Men	Survival	Ribbon, Sand	Independent Lens (N)			
	22	KSPS	- 374	PBS NewsHour (N)	Nova (HDTV) (DVS)	Frontline (DVS)	Foot in Grave	After You	Tavis Smiley	Charlie Rose (N)		
	24	WTVS	- 364	Gearing Up (HDTV)	CBC News: The National	CBC News: The National	EarthWatch Two	Larry King Live	Cooper 360			
	21	CBN	502 -	CBC News: The National	EarthWatch One	Anderson Cooper 360 (HDTV)	CTV News	CTV News	CTV News			
	27	CNN	500 500	Larry King Live (N)	Business News	Commodities	Market Call Tonight	Headline	Commodities	Squeeze Play		
	54	CTVN	501 391	CTV News Tonight	SportsCentre (HDTV) (Live)	Sportsnet Connected	Hockey Central	Countdown to	Boxing Arreola vs. Adamek & Angulo vs. Julio.			
	70	BNN	504 508	Squeeze Play	Race in 60 (HDTV) (N)	Score Now	Monster Jam (HDTV)	Bullrun (HDTV)	Race in 60			
	20	TSN	400 400	North American Poker Tour	Score Now	Score Now	Score Now	Score Now	Score Now			
	23	net	408 418	MLB Baseball	European Poker Tour	Score Now	Score Now	Score Now	Score Now			
	47	SPEED	417 406	Bullrun (HDTV)	Raising the Bar (N)	The Transporter ** (2002, Action)	Jason Statham.	Jason Statham.	Jason Statham.			
	94	SCORE	410 403	Lacrosse	That's-Weird	Family Biz	Malcolm-Mid.	Hates Chris	8 Simple Rules	Family Biz		
	14	YTV	552 543	Carly	To Be Indie	Family Biz	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!	
	17	TREE	553 546	Franklin	Babar	Johnny Test	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	
	42	TOON	555 543	Jimmy Two	Johnny Test	Sonny-Chance	Suite Life	Overruled!	Han, Montana	Wizards-Place	Latest Buzz	Ned's School
	45	FAM	557 541	Han, Montana	Wizards-Place	Sonny-Chance	Suite Life	Overruled!	Han, Montana	Wizards-Place	Latest Buzz	Ned's School
	-	TVA	121 714	TVA nouvelles	Scré-salé	La Fièvre de la danse (SC)	Come Improv.	Home Improv.	Meet-Wilsons	Meet-Wilsons	(10:01) Criminal Minds	Criminal Minds
	18	CMT	575 583	According-Jim	According-Jim	Home Improv.	Home Improv.	Home Improv.	Meet-Wilsons	Meet-Wilsons	(10:01) Criminal Minds	Criminal Minds
	25	A&E	615 520	Criminal Minds (HDTV)	Criminal Minds "Legacy"	Criminal Minds "Legacy"	Criminal Minds "Legacy"	Criminal Minds "Legacy"	Criminal Minds "Legacy"	Criminal Minds "Legacy"	Criminal Minds "Legacy"	Criminal Minds
	26	MMM	571 581	mmtop10.ca	HammerTime	Gimme Sugar	The O.C. "The Rivals"	Restaurant Makeover	Restaurant Makeover	Restaurant Makeover	Restaurant Makeover	Restaurant Makeover
	29	FOOD	603 561	Chef Abroad	Chefs vs. City	The Guard (HDTV)	A Sister's Secret (2009, Suspense)	Alexandra Paul.	Alexandra Paul.	Alexandra Paul.	Alexandra Paul.	Alexandra Paul.
	31	SHOW	617 522	Trailer Park	Trailer Park	Deadliest Catch (N)	Daily Planet	Destroyed	Destroyed	Destroyed	Destroyed	Destroyed
	32	DISC	520 505	Destroyed	Destroyed	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS
	33	SLICE	601 562	Party Mamas	Party Mamas	Kim	How Clean	Style by Jury	Beauty Call	Beauty Call	Style by Jury	Love & Murder
	34	W	602 567	House-Sell	House-Sell	Kim	How Clean	Style by Jury	Beauty Call	Beauty Call	Style by Jury	Love & Murder
	35	TLG	521 560	Happy Family	Happy Family	The Little Couple (N)	Spectacle: Elvis	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)
	36	BRAVO	602 523	Rod Stewart Live	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)
	38	SPICE	628 584	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)
	40	AHC	- -	(6) The Man in the Iron Mask ** (1998, Adventure)	MysteryQuest (N)	Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Conchords
	41	COM	626 547	Just for Laughs	Defying Gravity (DVS)	Defying Gravity (DVS)	Defying Gravity (DVS)	Stargate SG-1 (DVS)	Doctor Who	The Listener	The Listener	The Listener
	43	SPACE	627 528	The Listener (DVS)	Seinfeld	Seinfeld	Seinfeld	Law & Order: SVU	Destination Truth	Wife Swap	Wife Swap	Wife Swap
	42	WPCH	294 650	MLB Baseball	UFO Hunters	Colin & Justin's Home Heist	The Dr. Oz Show	TMZ	etalk	Access H.	Extra	Dr. Oz Show
	46	OLN	411 457	Operate-Repo	Operate-Repo	Colin & Justin's Home Heist	The Dr. Oz Show	TMZ	etalk	Access H.	Extra	Dr. Oz Show
	48	TROP	619 525	Restaurant Makeover	Restaurant Makeover	Restaurant Makeover	Restaurant Makeover	Restaurant Makeover	Restaurant Makeover	Restaurant Makeover	Restaurant Makeover	Restaurant Makeover
	50	STAR	621 527	The View (HDTV) (N)	Genevieve	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters
	52	HGTV	600 564	Sarah's House	Genevieve	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters
	65	TLN	700 800	David Rocco	Caritas	George Lopez	George Lopez	Lopez Tonight	Lopez Tonight	Lopez Tonight	Lopez Tonight	Lopez Tonight
	92	APTN	269 350	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	Arbor Live	Beyond Words	Beyond Words	Beyond Words	Beyond Words
	93	VISION	261 394	Gospel According	Unscripted	Driven-Vision	Driven-Vision	Doc "I've Got a Secret"	Doc "I've Got a Secret"	Doc "I've Got a Secret"	Doc "I've Got a Secret"	Doc "I've Got a Secret"
	100	MTV	581 566	The City	The Hills	After	After	Sex, News-Roll	The City	The City	The City	The City
	101	MTV	581 566	When I Was 17	When I Was 17	Degrassi: Next	Video on Trial	UR11	When I Was 17	When I Was 17	When I Was 17	When I Was 17
	102	CPAC	570 386	(6:30) Primetime Politics	Prime-Politics	Prime-Politics	Prime-Politics	Question Period	Prime-Politics	Prime-Politics	Prime-Politics	Prime-Politics
	103	VIVA	526 507	Medium	Cold Case	Cold Case	Cold Case	Psychic Inv.	Encounters	Judging Amy	Judging Amy	Judging Amy
	106	RDI	126 730	The Journal (SC)	RDI économie	Le National	Le National	Le National	Le National	Le National	Le National	Le National
	161	SUPER	- -	Table for Three (2009, Romance-Comedy)	(8:45) My Sassy Girl (2008, Comedy-Drama)	(8:45) My Sassy Girl (2008, Comedy-Drama)	(8:45) My Sassy Girl (2008, Comedy-Drama)	(8:45) My Sassy Girl (2008, Comedy-Drama)	(8:45) My Sassy Girl (2008, Comedy-Drama)	(8:45) My Sassy Girl (2008, Comedy-Drama)	(8:45) My Sassy Girl (2008, Comedy-Drama)	(8:45) My Sassy Girl (2008, Comedy-Drama)

critics'corner

One Night Only: Rod Stewart Live at Royal Albert Hall

The title says it all. OK, maybe not all, as it doesn't tell you that Stewart has several special guests joining him onstage in this new concert special, including Chrissie Hynde, Jeff Beck and Ronnie Wood. The set list includes such familiar Stewart favorites as "Hot Legs," "Maggie May" and "Stay With Me." 7 PM on BRAVO



Wipeout

Twelve couples on a first date take on the obstacle course in hopes of winning \$100,000 as the goofy competition series returns for a third season with a special two-hour episode. New obstacles featured this season include Overdrive, Bruiseball and Love Handles Fling Set. 9 PM on KXLX

NCIS: Los Angeles

After receiving an alert that an agent is in danger, the members of the NCIS team rush to a crime scene where they discover that it's one of their own who is in peril in "Missing." Chris O'Donnell, LL Cool J, Linda Hunt, Peter Cambor and Daniela Ruah star. 10 PM on KREM



Aiken demonstrates the passive-aggressive method of trying to get on Glee
While stars like Neil Patrick Harris and Molly Shannon have been lining up for guest spots on Glee, Clay Aiken claims he's not that interested. "I've never seen it," he tells Popeater. "My television is typically tuned to CNN." **METRO NEWS SERVICES**

Celebrity Buzz

Follow these celebrities on Twitter...

CelebTweets

LINDSAY LOHAN isn't partying like she used to, **BRETT RATNER** has a very specific wish list, **STEPHEN FRY** knows where the real party is, and **SARAH SILVERMAN** wants some answers.

@lindsaylohan i'm with 2 friends now, one just left & we're watching "the stranger beside me" w/tiffani-amber thiessen & eric close-it is NOT a PG film!

@BrettRatner Actors I want to work with: Ted Levine, F. Murray Abraham, Danny Huston, Gong Li, Mickey Rourke.

@stephenfry I shouldn't say so, but some of the most interesting people at this party are those crowded outside on the pavement smoking @SarahSilverman What's the plan with underwater cities? Are we getting them?

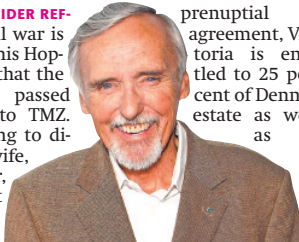
METRO NEWS SERVICES



Battle brewing over Hopper's estate

LET'S HOPE THERE'S A SPEEDY RESOLUTION. TOO SOON? (IT WAS BETWEEN THAT AND AN EQUALLY BAD EASY RIDER REFERENCE) A potential war is brewing over Dennis Hopper's estate, now that the iconic actor has passed away, according to TMZ. He had been trying to divorce his fifth wife, Victoria Hopper, since January, but the divorce was

not finalized before his death. Under the conditions of their prenuptial agreement, Victoria is entitled to 25 percent of Dennis' estate as well as a



\$250,000 US life insurance payout if they were married and living together at the time of his death, according to the website. Dennis' lawyer plans to argue that since she was on the same property but staying in a separate house, she was not in fact living with him. "She said she would challenge it, and I fully expect her to do so."

METRO WORLD NEWS

Gaga calls the ghostbusters

UNFORTUNATELY, THE MACHINERY WENT CRAZY WHEN IT GOT NEAR HER COSTUME RACK, STARTED SMOKING, AND MELTED INTO A VISCOUS GOO Lady Gaga is apparently so afraid of spirits from beyond the grave that she's spent more than \$4,000 US on

ghost-detecting equipment to sweep the backstage area at London's O2 Arena before she show there Sunday, according to the Mirror. Allegedly telling assistants she is terrified of "bad energy," Gaga instructed them to purchase the equipment from a local ghost-busting firm.

METRO WORLD NEWS

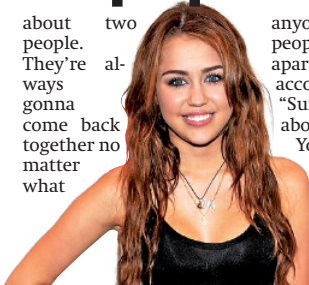


Cyrus stirs up speculation

AND THE COGS IN THE DISNEY MACHINE KEEP A-SPINNIN' Miley Cyrus can't stop teasing fans with details about her past with Nick Jonas. Though she's happily dating her Last Song co-star Liam Hemsworth, Cyrus couldn't help dropping a reference to Jonas during a recent concert in Portugal while introducing her song, Full Circle. "It's

about two people. They're always gonna come back together no matter what

anyone says or the bad people that try to keep you apart," she told the crowd, according to Just Jared. "Surprise surprise, it's about a Jonas brother — You didn't hear that."



Duchess disses Saudi prince

A MODEL OF INTERNATIONAL DIPLOMACY Disgraced royal Sarah Ferguson is in desperate need of money, but apparently she's not that desperate, as she turned down an offer of \$4.3 million US from a Saudi prince, according to her biographer, Allan Starkie. "I introduced her to a member of the Saudi royal fami-

ly who was willing to pay (her debt) off completely," Starkie tells Page Six. "I arranged for Sarah to visit him. He met her alone, clad in flowing robes and a lascivious grin. When he tried to kiss her, she fled home and quickly called me."



METRO WORLD NEWS

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CASTING BY KATHY LARSEN COSTUME DESIGNER ROBERT STROUD MUSIC BY DAVID JULYAN EDITOR CHRIS LEBENZON PRODUCTION DESIGNER LEWIS CARROLL DIRECTOR OF PHOTOGRAPHY TIM BURTON EXECUTIVE PRODUCERS BOB WEINSTEIN AND JENNIFER WEINSTEIN PRODUCED BY BOB WEINSTEIN AND JENNIFER WEINSTEIN
Visit Disney.com/Wonderland

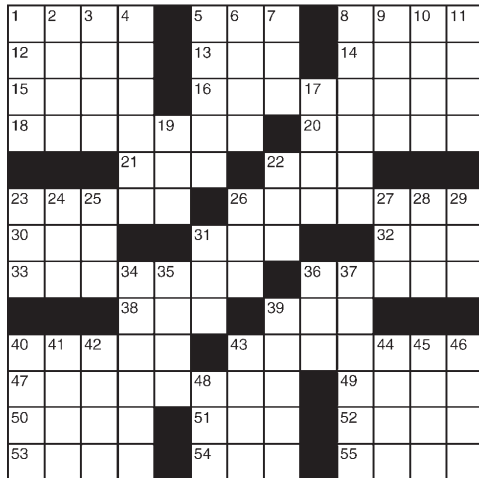
Distributed by Walt Disney Studios Home Entertainment, Burbank, CA 91521. © Disney CAN21670





Michele McDougall, Weather Specialist & Host – Breakfast Television
 "My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes!" **WEEKDAYS AT 6 A.M.**

Take Five



ACROSS

- 1 Burn
- 5 Toward the stern
- 8 Untalkative sort
- 12 Corporate illustration
- 13 Society-page word
- 14 Traditional stories
- 15 Leave out
- 16 French officer
- 18 Polite
- 20 Dada artist
- 21 Conger, for one
- 22 Tibetan beast
- 23 Mettle
- 26 First book of the Bible
- 30 Melody
- 31 Dine
- 32 Sort
- 33 Sexes
- 36 Defile
- 38 Ram's mate
- 39 Hamburger holder
- 40 Bracelet site
- 43 Authentic
- 47 Not at all

DOWN

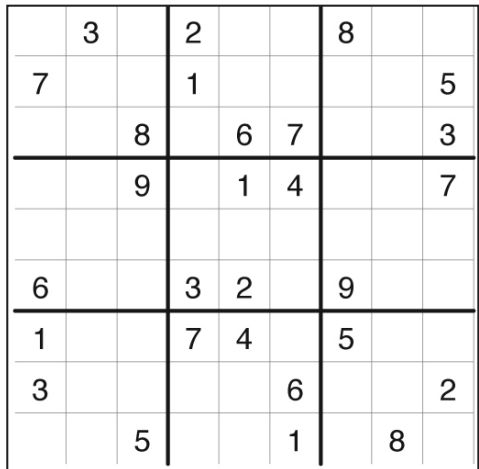
- 1 Stop up
- 2 Base-runner's goal
- 3 Not "fer"
- 4 Putrid
- 5 Christmas tree topper, maybe
- 6 Sense
- 7 X on a sundial
- 8 "2001: A Space Odyssey" author
- 9 Forsaken
- 10 Weaponry
- 11 Encounter
- 17 College VIP
- 19 "A mouse!"
- 22 Still
- 23 Droop
- 24 Chart format
- 25 Coffee shop

- vessel
- 26 Petrol
- 27 Part of RSVP
- 28 Under the weather
- 29 Firmament
- 31 Prior to
- 34 Take out of context?
- 35 Basin accessory
- 36 Baltimore newspaper
- 37 Still in the packaging
- 39 Under siege
- 40 Taj Mahal city
- 41 Night light?
- 42 Entanglement
- 43 Mentor
- 44 — European
- 45 Run-down horses
- 46 Duel tool
- 48 Rowing need

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

C	A	R	I	T	I	C	H	H	U	L	A	7	6	8	2	3	5	1	9	4
A	S	E	A	M	O	O	A	N	O	N		3	2	4	9	7	1	5	8	6
S	T	A	R	P	O	R	R	I	D	G	E	5	9	1	6	4	8	7	3	2
T	I	P	T	O	E	N	A	R	R	O	W	9	7	6	8	5	3	2	4	1
			A	N	N	A	P	D	A			8	4	3	1	2	6	9	5	7
B	E	G	R	U	D	G	E	O	P	E	N	1	5	2	4	9	7	3	6	8
B	R	A	S	E	R	A	C	O	E	R	E	2	8	7	5	6	9	4	1	3
C	A	M	S	D	I	S	L	O	D	G	E	4	1	5	3	8	2	6	7	9
			E	T	A	P	I	U	S			6	3	9	7	1	4	8	2	5
A	R	G	A	N	E	N	E	W	B	I	E									
C	O	O	L	I	D	G	E	A	R	A	B									
N	I	C	K	E	N	S	L	I	M	B										
E	L	K	S	N	U	S	D	E	B	S										



Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
 No matter who you manage to shock or offend today no one will be able to deny that you are speaking the truth as you see it.

TAURUS
APRIL 21-MAY 21
 You'll be amazed by some of the ideas and images that dance through your head over the next 24 hours.

LIBRA
SEPT 23-OCT 23
 Someone you thought you knew everything about will turn out to be more unusual than you suspected. Try not to be too judgmental.

SCORPIO
OCT 24-NOV 22
 Even if you are the kind of Scorpio who only feels safe in familiar surroundings, you will be tempted by an exciting new offer.

GEMINI
MAY 22-JUNE 21
 Chances are you will upset someone who represents all the things you dislike about the way the world is run. Someone has to rock the boat a little.

SAGITTARIUS
NOV 23-DEC 21
 Don't waste time discussing what you intend to do with other people because they will only try to make you change your mind.

CANCER
JUNE 22-JULY 22
 Every fiber of your being is telling you to do something dramatic but, admit it, you're a little bit afraid. Have faith in your intuition.

CAPRICORN
DEC 22-JAN 20
 Why is it so hard to accept that a loved one has ideas of their own? You don't have to agree on everything. Have you not heard that opposites attract?

LEO
JULY 23-AUG 23
 You may be in one of your more outrageous moods at the moment, but remember that if you strike too radical a pose you will have to live up to it.

AQUARIUS
JAN 21-FEB 18
 What happens tomorrow, and the day and the week and the month after that, depends on the decisions you make over the next few hours.

VIRGO
AUG 24-SEPT 22
 You will learn something about yourself today, something you have conveniently managed to overlook for quite some time.

PISCES
FEB 19-MARCH 20
 Because you are sensitive by nature it comes as a surprise to some people when you act tough or refuse to back down.

This day in history

1533: Anne Boleyn is crowned Queen of England.
 1974: The Heimlich maneuver for rescuing choking victims is published in the journal Emergency Medicine.
 1980: Cable News Network (CNN) begins broadcasting.
 1990: George H. W. Bush and Mikhail Gorbachev sign a treaty to end chemical weapon production.
 2003: The People's Republic of China begins filling the reservoir behind the Three Gorges Dam.
 2007: Jack Kevorkian is released from prison after serving eight years of his 10-25 year prison term for second-degree murder in the 1998 death of Thomas Youk, 52, of Oakland County, Mich.

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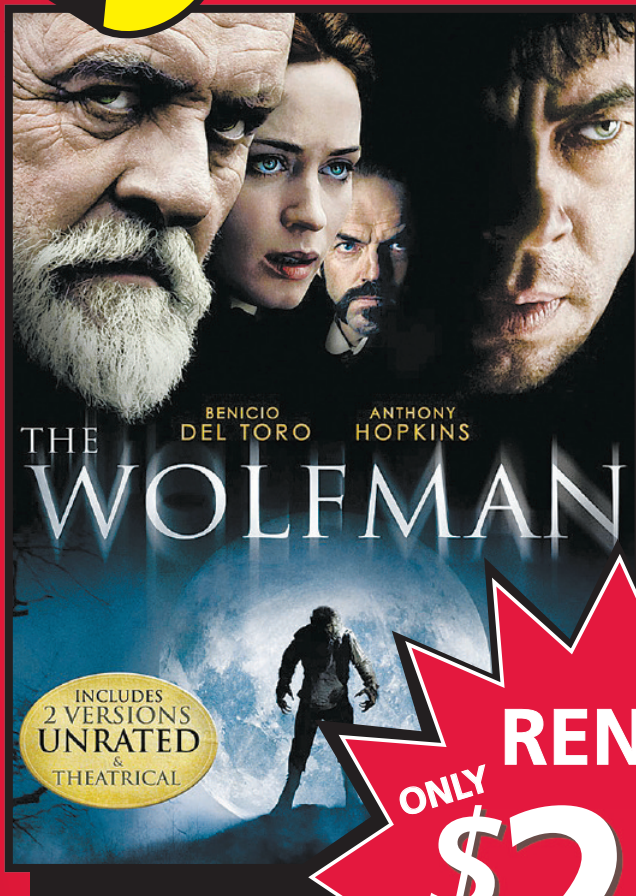
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